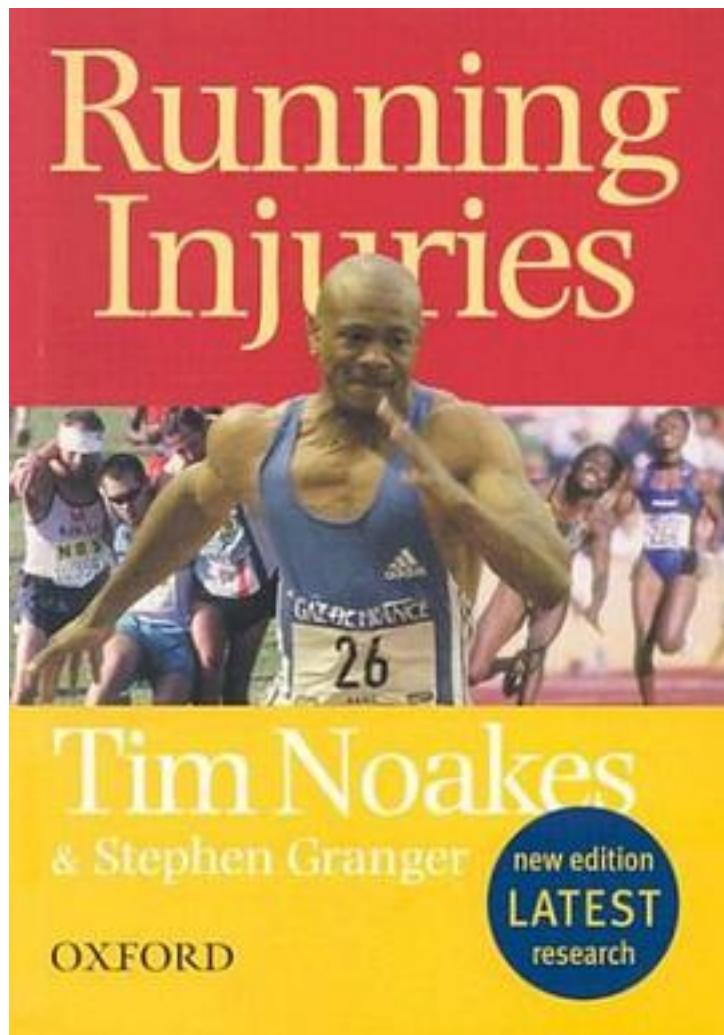


# Running Injuries



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著者:Noakes, Timothy/ Granger, Stephen

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Tim Noakes and Stephen Granger's classic handbook of injury prevention and

treatment has been fully revised to reflect the latest international research. It is an unrivalled guide for runners at all levels, from elite athletes to weekend joggers, coaches, parents, physiotherapists, and doctors.

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